

WEST DES MOINES PARKS & RECREATION DEPARTMENT
222-3444



THE CITY OF
West Des Moines.

FALL 2015

MEN'S ADULT FLAG FOOTBALL LEAGUE

WEDNESDAY "B/C" LEAGUE

<u>Team Name</u>	<u>Manager</u>	<u>Phone</u>
1. TOEG	Nick B	h)371-4166
2. Replacements	Zachary T	h)490-2331
3. Balls Deep	James C	h)865-6261
4. ADIO Chiropractic	Jeff S	h)778-6446
5. Krave Gym	Tyler R	h)402-490-4005
6. Roll Tide	Aaron B	h)770-2228
7. Out of Oxygen	Andrew M	h)707-0709
8. Kamikazes	Chris S	h)491-7435

		<u>September 2</u>		<u>September 9</u>		<u>September 16</u>		<u>September 23</u>	
		<u>North</u>	<u>South</u>	<u>North</u>	<u>South</u>	<u>North</u>	<u>South</u>	<u>North</u>	<u>South</u>
7:10	(10-42)	5- 6	4 -7(44-0)	3-4	8-6	7-8	4-1	7-5	2-3
8:10	(26-41)	3- 8	2 -1(52-29)	1-7	2-5	6-2	5-3	6-1	8-4
		<u>September 30</u>		<u>October 7</u>		<u>October 14</u>		<u>October 21</u>	
		<u>North</u>	<u>South</u>	<u>North</u>	<u>South</u>	<u>North</u>	<u>South</u>	<u>North</u>	<u>South</u>
7:10		1-3	5-8	3-6	2-7	8-2	1-5	Rain Date	
8:10		4-2	6-7	4-5	8-1	7-3	6-4		

- **Please call 222-3500 after 4:00 pm the day of game for a recording on game status/weather cancellation information.** If the recording is not updated, games will be played as scheduled. Make Up/rescheduling information will be emailed **AND** distributed to managers at the fields.
- We reserve the right to make any schedule changes deemed necessary. Any game that is postponed during the season will be rescheduled by the Department.
- Standings will be posted weekly on City Website at <http://www.wdm.iowa.gov/government/parks-recreation/adult-sports/football>
- **GAME TIME IS FORFEIT TIME.**
- All scheduled games at Valley Stadium (4440 George M. Mills Civic Parkway, WDM).
- The last day to add players is Wednesday, October 7, 2015. Teams are allowed up to 5 roster changes prior to deadline.
- Coin flip will determine kicking/receiving team or deferment to choice in the 2nd half. Visiting team must also wear mesh pullover jerseys when teams have same color shirts.
- Teams/players must supply their own belts & flags. 2 Velcro flags which attach at the hips must be at least 2" wide and 16" long (and straight). All team flags must be the same color.
- No metal cleats or metal tipped screw-in cleats allowed. No elbow, hand, knee or forearm pads allowed. No hats and jewelry will be allowed on the field.
- All players are warned that the physical contact involved in Flag Football represents a clear and present danger resulting in possible injury.
- A legal picture I.D. is required of all players at all times.
- Only rostered players allowed on field. Fans must sit in East Bleachers. Gum & sunflower seeds are not allowed in Valley Stadium. Questions? Contact 222-3444 or bruce.mankle@wdm-ia.com or Kevin.fitzgerald@wdm-ia.com